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VOL. XV. (New Series). JULY 27, 1905. No. 108

Contents.

Physical Culture By EUGEN SANDOW.
The Art of Wrestling
(Illustrated) By TOM BURROWS and F. NEVILLE PIGGOTT.
Some Types of Artists' Models
By Mrs. FRANK ELLIOT
Bathing in London
The Sculling Championship
Notes of the Week
Health Congress
Duke of York's School, Chelsea
Sporting Notes
Our Ladies' Pages
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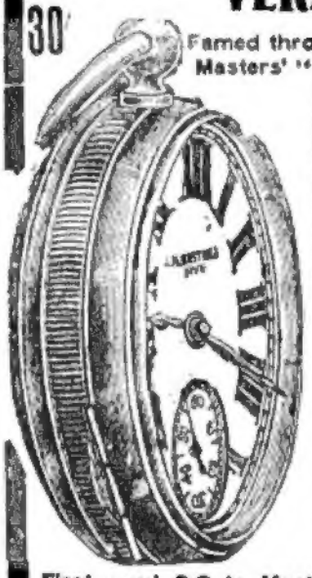

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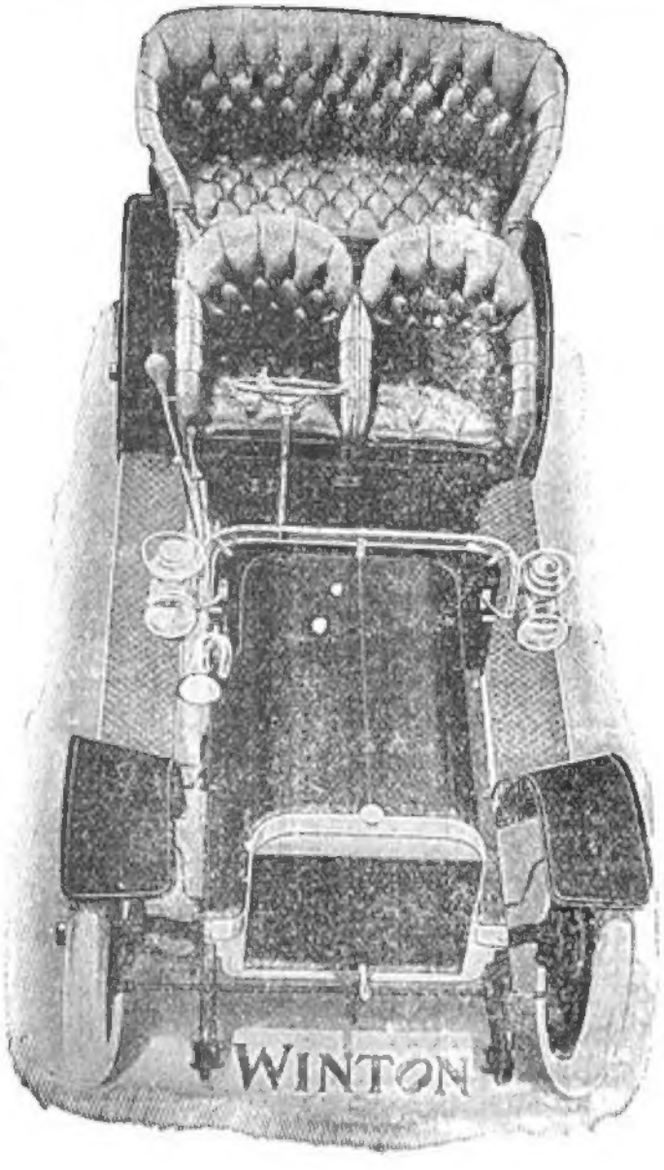

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Contents.

PHYSICAL CULTURE.—EXERCISE AND THE TORSO. By EUGEN SANDOW... 85
THE ART OF WRESTLING—VIII. (Illustrated.) By TOM BURROWS. Edited by F. NEVILLE PIGGOTT 87
SOME TYPES OF ARTISTS' MODELS. By MRS. FRANK ELLIOT 90
BATHING IN LONDON 95
NOTES OF THE WEEK.... 96
HEALTH CONGRESS 99
DUKE OF YORK'S SCHOOL, CHELSEA 102
SPORTING NOTES 104
HINTS FROM SANDOW 108
SANDOW'S MAGAZINE PHYSICAL CULTURE COMPETITION 109
OUR LADIES' PAGES 110

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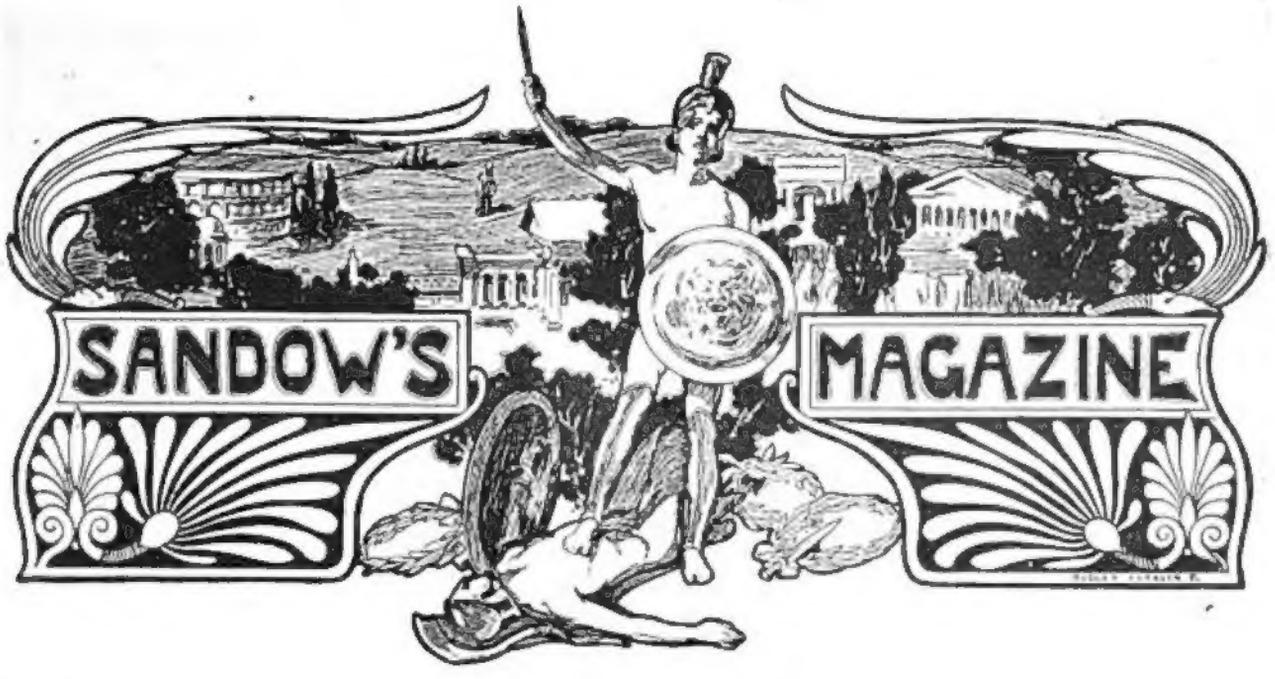

Vol. XV. (New Series). JULY 27TH, 1905. No. 108.

Physical Culture.—Exercise and the Torso.

By EUGEN SANDOW.

LAST week I dwelt upon the great necessity of adopting a proper system of exercise in order to benefit those organs contained in the chest and abdomen, and now I propose this week to discuss briefly the muscular construction of the torso or trunk of the body. This is generally the weakest part of our anatomy, due undoubtedly to what in some respects may be looked upon as an excellent thing, but which, in this case, is to an extent to be regretted—the march of civilisation. The cramped positions in which men do their work, the long hours which result in lack of time to devote to exercise, and the inducement to forego it, the follies of dress and its false supports have made the modern torso the hideous, undeveloped thing it is. You will have noticed how that, in all cases of deformity, it is either the hips, ribs, spine, or shoulder joints that are at fault. These deformities are all the result of weakness of the muscles which allow the body to fall into false positions. Lack of development produces an uncertain and shambling gait. The head shoots forward, the chest is sunken, shoulders uneven, tissues flabby, and skin impure—a condition of things which can easily be remedied if taken in time, with a little care and attention bestowed.

It is well to remember that in the child the torso is quite unformed; in fact, it is the last part of the body to take distinctive lines. It is not until the age of puberty that the development takes place,

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which should make the torso by far the finest part of the whole figure, and there is no reason on earth why a perfect frame should not be possessed by everyone, equal to that of the Venus de Milo, Hermes, or Discobolos. Take an anatomical chart, such as that contained on my developer or dumb-bell charts, and you will find the torso a mass of muscles. Now, by exercising these properly, you also exercise the internal organs which they protect, and which are most important in securing a good form. I have frequently described these muscles, so that there is no need to repeat them here. One has only to study the various muscles and their uses to see how necessary it is that they should all be kept in a proper condition. I will only refer here to one set, the *rectus abdominus*. Although the abdomen is by far the weakest part of the body, there is hardly any portion which takes on so rapid and satisfactory a development. A few months' systematic exercise is sufficient to make the abdominal wall as hard and thick as a board, but it must be remembered that to have a fineness of form there must always be a suggestion of muscular lines. Hernia is the result of weakness of the abdominal muscles. Thus, if the muscular wall of the abdomen is strengthened by systematic exercise, then hernia is practically an impossibility. The trouble is that these muscles are almost entirely neglected as a rule, and from this such evils as constipation, death in child-birth, as well as hernia and other evils arise. Given a perfect abdominal wall, we have what may be considered an absolute safeguard. Thus you see how essential it is to have every muscle of the body in proper condition and all in thorough accord.

There is one point which I must draw attention to, and that is the necessity of generalising the exercise of the muscles. By this, I mean that one set of muscles must not be exercised to the detriment of the others, but all must receive their fair and proper share of attention. Unless this is done, you will probably, as the result of the over-exercising of a particular muscle, produce actual wasting away of that muscle rather than increase. There is a case in point of a draper's assistant, who, in removing and replacing heavy bales of goods to and from the shelves, made such excessive use of the deltoids, as to cause complete atrophy to set in and the muscles mentioned wasted away completely. Had the man counteracted this by general exercise, such a result would never have happened.

Some people have the idea that varicose veins and hernia can be the result of muscular exercise. Hernia may, in certain cases, such as the unnatural and heavy work of the gymnasium, before the body, and abdominal muscles in particular have been properly prepared by systematic exercise; but hernia, as a rule, is the result of expulsive straining. Varicose veins, however, do not follow upon exercise, but from the want of it. It is congested circulation which causes varicose. There is an enlargement and prominence of the veins after exercise, which is an accompanying feature of a robust physique, and which, so far from being dangerous, is beneficial.

From these few remarks, it will be seen how necessary it is, not only from the health point of view, but also from that of perfect form, to give this portion of the body every attention.

Eugen Sandow

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The Art of Wrestling.

By TOM BURROWS.

EDITED BY F. NEVILLE PIGGOTT.

VIII.

[This interesting and unique series of articles, which commenced in our issue of June 8th last, will be found to contain much valuable advice for the beginner, as well as some most useful hints for those who have already mastered the art.]

FIGURE 30.

The three-quarter Nelson. This is a hold one should always watch for.

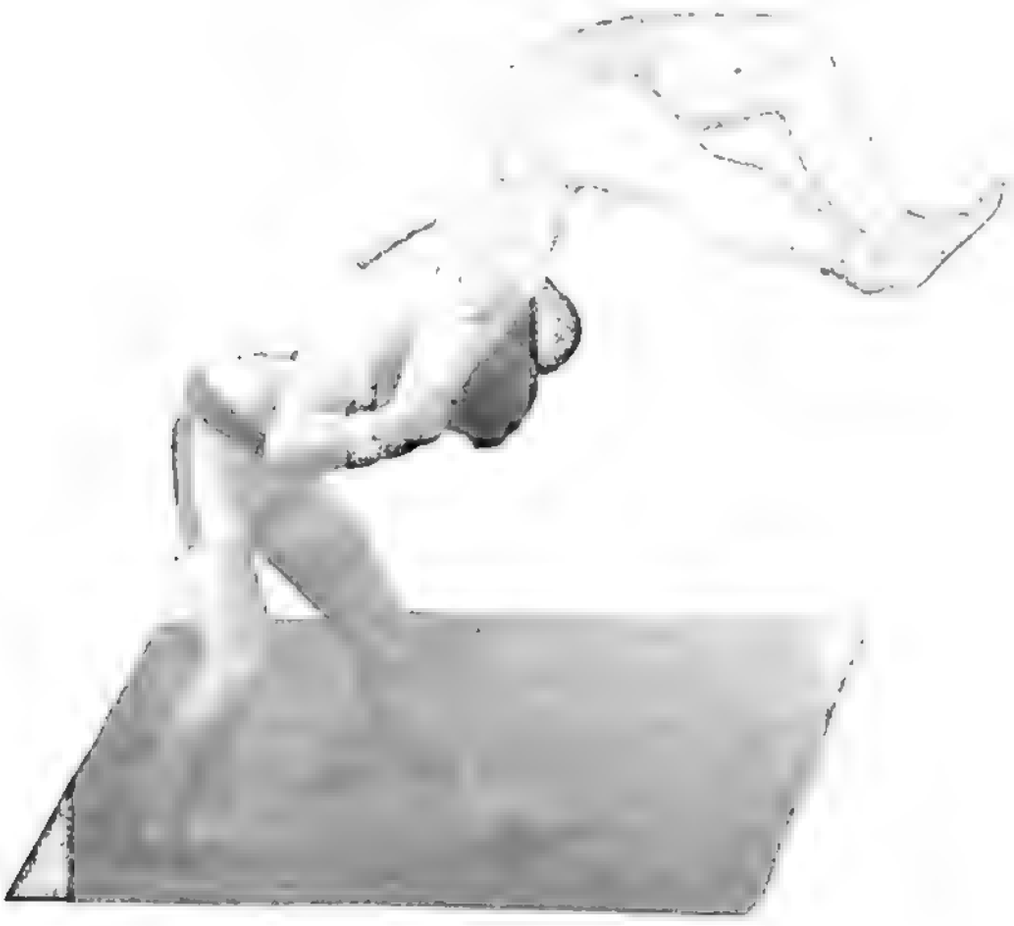
IN figure 27 we have what, to the ordinary observer, would appear to be a most difficult position; but, as a matter of fact, it is quite easy to assume even when your opponent has the pull of you in poundage. It is known as a cross-hip lock, and is obtained by grasping your man around the neck, at the same time getting a good grip of his right wrist with your left hand. Then, with a quick movement, you pull him over your hip as you turn and fall on him. You will then be on top, and it will be necessary for you to endeavour to place on your opponent one or other of the locks already mentioned, in order to bring both his shoulders on to the mat.

I have already shown you some good leg holds, and figure 28 shows yet another lock which is well worth practising, as it will enable you to throw your man quite easily from the hip. The lock can be made from either side; all that is necessary being to step in and place your foot over and outside your opponent's nearest leg; then, using your hip, destroy his

balance, and forcing his shoulders backwards, bring him to the mat on his back. The next picture (figure 29) shows another phase of the buttock or hip lock, from which it is possible to bring about a clean throw. In this it is necessary to place one arm around your opponent's neck and with the other grip his wrist as shown. Then step in, and using your hip as shown, press your man backwards and down on to the mat.

mat, but the hold can also be obtained when in the erect position. In order to secure this hold, it is necessary to first get on the half Nelson, which has already been described. Having secured that position, you pass your disengaged hand underneath, and interlacing your fingers, you have your man in a most unfavourable position—for him. You now pull his head towards you, and rolling him over, you fall, keeping all your weight

FIGURE 31.



Shows the position in the middle of the flying shoulder throw.

We now come to one of the strongest holds known in wrestling—that is, genuine wrestling—for, as I have mentioned before, strangle holds are not permissible. The one shown in figure 30 is known as the three-quarter Nelson, and is one which all the best wrestlers are ever on the look-out for. The photograph shows the position of the combatants very plainly, as working from the

on him in order to bring his shoulders fairly on the mat.

Figure 31 is another realistic photograph of a telling throw, known as the flying shoulder throw, in which the operator has succeeded in obtaining a picture showing the position right in the middle of the throw. Having obtained a good grip of your opponent's upper arms and wrist with both hands, from whichever

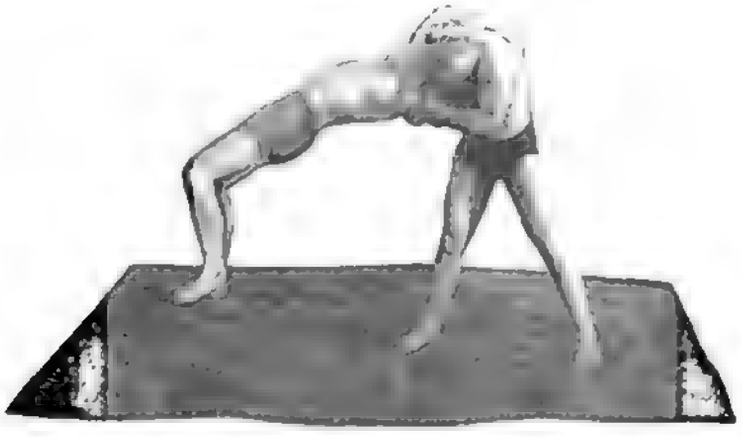
side you are working, you use his arm as a lever on your shoulder, and bending forward at the same time you throw your man as illustrated.

The next illustration (figure 32) shows a somewhat similar throw, but in this case your opponent's hands are left free, and a good grip obtained of his neck; with this exception, the methods adopted to bring off this throw—which is known as the "flying mare" or neck throw—are the same as in the preceding figure.

In figure 33, we have a very similar position to that described in figure 29. There is the work from the hip, and the removal of his balance with the arm, but in this case the leverage is obtained by securing a hold of your opponent's near shoulder and the wrist of the same arm. Having secured a good grip, as illustrated, you pull your man towards you, and at the same time step in, bringing him across your hip. The rest is obvious. This is a very quick lever throw, and one that should enable you to bring a much heavier man than yourself to the ground.

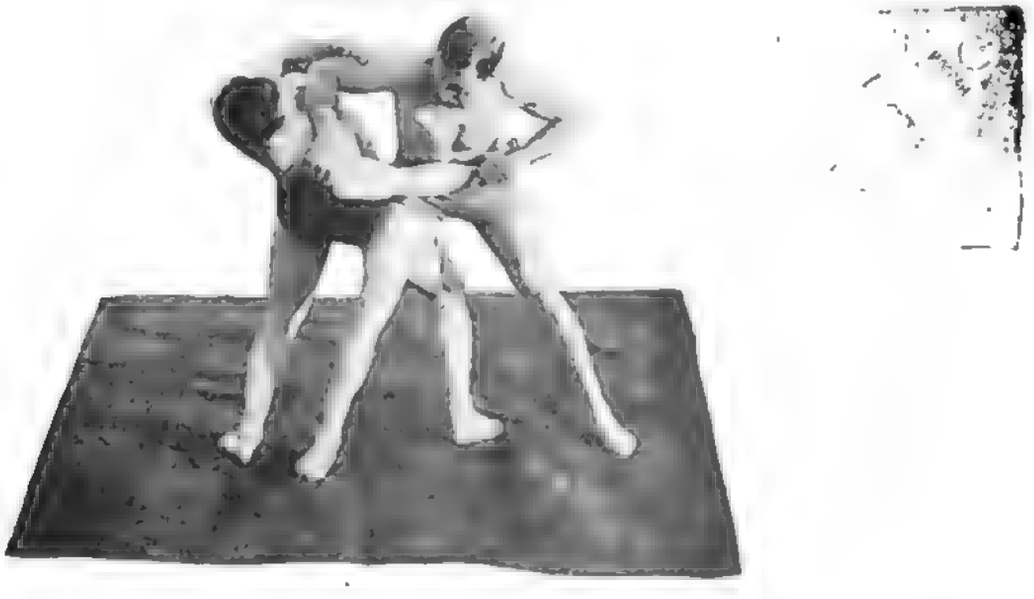
(To be concluded.)

FIGURE 32.



The "flying mare" or neck throw.

FIGURE 33.



A very useful wrist and shoulder lock that will enable you to throw a heavier opponent.

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Some Types of Artists' Models.

By Mrs. FRANK ELLIOT,

Author of "The Shooting of the New Idea," etc.

THE ordinary individual, on passing in the street a young woman of picturesque but rather unkempt appearance, whose garments hang in clinging folds and owe nothing to the prevailing fashion, whose hat is of ample dimensions, but would be scorned by any self-respecting milliner, and whose feet appear shod more for comfort than smart appearance, would probably remark with intuitive conviction, "There goes an artist's model!" If the entire costume bears the unmistakeable stamp of "home made" the identification would very probably be correct. Although many other women scorn fashion plates and dress on the rational or æsthetic principle there is generally no fault to be found with the workmanship of the garments. As a rule, eccentricity is a fad of the fairly well-to-do. But the artist's model has no public to dress for. Her home is in the studio, where, so long as she is picturesque, no one cares to pry into details.

THE NECESSITY FOR MODELS.

Although it is the aim of every artist to embody his ideas in preliminary studies, done, as a child would say, "entirely out of his own head," there are very few who can work up a drawing or picture without the assistance of a model. A sculptor especially who has to make his work perfect from every point of view, would never attempt such an impossible feat. One of the reasons to which is ascribed the perfection of the old Greek sculpture is that the artists had continual opportunity, in every-day life, of studying the nude, untrammelled human form. Men and women of the present day suggest by their mode of dress little of their natural figures. The former present an arrangement in tubes -two tubes below; a tube on either side; a small tube at the top—I refer, of course, to the conventional but most inartistic "topper"—and a large tube connecting the others. A woman represents an egg-boiler draped from the lower bulb, and to divine the form of the limbs as fashionably clothed would be sheer guess-work. It is all very well for such an artist as the late F. C. Corbould, who found—so he said—a broom with a coat on it sufficient to suggest a man in armour, but the average draughtsman is more exacting. Where, then, does he find his models? Relations and friends are often so far obliging as to sit for a head, but he has to suit their convenience, not they his, and he can only victimise them up to a certain point of boredom. The professional artist's model is the stand-by. She has not to be sought after, but goes the round of the studios in search of engagements, although when she has obtained the reputation of a "Trilby" she sits only for a chosen few.

THE STATUS AND PROSPECTS OF A MODEL.

Keen jealousies are as rampant in the profession of model as in any other. The acknowledged "Trilby" holds herself as superior to the common-or-garden model as a star actress does to a "walker on." She is a connoisseur in figures, and does not hesitate to criticise a rival's attractions in merciless and plain-spoken language. Some models are born to the business. Their mothers and grandmothers before them knew no other life than that of the studio, and their children learn to pose as soon as they can toddle. But this is by no means always the case. Young girls, tired of the ill-paid drudgery of the unskilled occupations, are tempted by the seven and sixpence a day to be earned in a studio, and if they are gifted with exceptionally good looks they may earn their living literally "on their

heads." I can call to mind a few who graduated from the studios to the photographers' windows as professional beauties, and from the photographers' windows to the stage. Miss Dorothy Dene, for instance, was "discovered" by the late Lord Leighton, and it was somewhat amusing to observe at Academy soirées the greeting between the President and the professional beauty, who perhaps followed on the heels of a Bishop. The twinkle in the eye was reserved for the ex-model. Ordinary good looks are, however, not sufficient to obtain regular employment. The figure is equally, or perhaps more useful. And here comes the ordeal for the would-be model not brought up in the studios. She finds she has to sit for the "altogether!" Well! there it is! Mrs. Grundy may hide her face, but the pictures of Lord Leighton, Sir E. J. Poynter, Marcus Stone, Waterhouse, Blair Leighton, and any number besides, could not have been painted without the "altogether," so we have to choose between Mrs. Grundy and half the world of pictures.

MRS. GRUNDY AND THE "ALTOGETHER."

However difficult it may be for that excellent lady to believe the fact, the average professional English model is both respectable and self-respecting. Especially is this the case with models who have been born and brought up in the atmosphere of the studios, and who unconsciously imbibe from their surroundings much of the artistic feeling for, and love of, beauty in the abstract which makes for an absence of self-consciousness impossible except under such circumstances. I know some mere babies of girl models so brought up, whose mothers and grandmothers "sit," and who themselves ask for and receive full models' wages of seven and sixpence a day when engaged. These children pose quite naturally and fall into pretty attitudes whatever they may be doing. I recall some mites who used to call often at my house to know if they were wanted to sit, and who, when allowed to play in the garden and pick some flowers, were most fascinating to watch, so picturesque were their poses. One of these juvenile models was such a mere baby—though quite at home in studios and accustomed to "sit"—that taking a fancy to me or to my house, she flatly refused to leave me at the end of the day, expressing her intention of living with me always. Only after much persuasion and the gift of several toys was she induced to allow herself to be taken home, weeping, by a sister very little older, but, with the precocity of her class, already quite a self-possessed little woman, accustomed to take her baby sister round the studios, and arrange for both their engagements in sitting!

THE "SNAP-SHOT" MODEL.

Much more difficult subjects are what I may call impromptu models, who don't know what posing means, but who are, for some purposes, more valuable on this account. Poor Phil May, in his inimitable sketches of Cockney life, used these almost entirely. One of his funniest *Punch* sketches depicts a typical London slum child—a girl of about fourteen, in tattered short skirt, the remains of a maternal shawl, with which she vainly tries to cover the inevitable baby, but still preserving some traces of her sex's regard for appearance and fashion in the form of a wisp of hair screwed up into what would appear to be a small knot at the back of her head (this was in the days of enormous "buns")—solemnly appealing to the artist who has lured her to his studio for sketching purposes, "Shall I tike down me bun?"

In Mr. Haddon Chambers' play, "The Golden Silence," in which two acts take place in a sculptor's studio, there is a delightful model, with aspirations stagewards. She informs the sculptor and an artist who shares his studio of her ambition, which she fosters by means of Shakesperian recitations to her mother, and gives them an example of her histrionic talents by reciting in the most excruciatingly wooden fashion Portia's beautiful speech beginning, "The quality of Mercy," which is so well-known as a stock test for recitation. The artist, after many anguished writhings, succeeds in stopping her in the middle, and feels impelled to remark afterwards, "If you go home and recite that to your mother every day, you'll soon be an orphan."

The models who sit for the figure classes in the Royal Academy and other art schools are naturally more highly remunerated for their services there than in private studios, especially as it is by no means every good figure model who will consent to sit for a class. The work also is more arduous. Although a pose is given as little fatiguing as possible, it has to be maintained for fifty-five minutes. It is not an uncommon occurrence for a model to collapse in a fainting fit under the prolonged strain of keeping one position combined with the heat of the room.

THE MODEL'S PERSONALITY.

The great drawback in the case of good models who are much sought after is their want of reliability in keeping appointments. They may be hours late or altogether fail to put in an appearance. They know that in most cases when the hurricane of reproaches they will have to face is over their engagement will not be affected, and their attitude is that of spoilt children. Their money is for the most part easily earned, and they spend it freely. But there are not wanting the practical and the thoughtful types, who will make their own clothes and save up their earnings for a rainy day, and they will also make their value felt in the studio in making and repairing costumes and even occasionally by offering valuable suggestions for working methods picked up by them in their career.

But while the life of a model is hardly conducive to serious reflection, there are those who feel the existence to be shallow and unsatisfying. One, at least, I have known, who, abjuring lighter evening recreations, made a study of religions, and after experimenting with every form of Christian observance and belief, found in Theosophy the solace she desired! This, of course, was an exceptional case of a deeply thoughtful woman.

Almost every graceful figure to be found in paintings, however adequately draped, has been evolved from a study from the nude. As popular examples, the figures in the late Lord Leighton's, E. J. Poynter's, Waterhouse's, and Blair Leighton's pictures are always based upon undraped studies. Hence the necessity of the "altogether." English types of women find more favour with artists than French or Italian, and their figures last much longer. It is almost unnecessary to mention that no female model wears corsets; she knows too well that an attenuated waist is of no value in studios, however dear it may be to the dressmaker. She also abjures tight boots, even if she does not, like Trilby, altogether forswear leather foot-gear in favour of cloth or cashmere boots.

OLD AGE A VALUABLE ASSET.

When the female model becomes too old to find engagements easily, if she has not already married, and is obliged to earn her living, she can generally do so by trafficing at studios in art photographs, Oriental stuffs, and bric-a-brac, in which her knowledge of what form good paintable accessories stands her in good stead. She can also undertake the making of costumes, and frequently she is able to introduce any particular type of model required.

With regard to male models, the regular studio type of young man is often Italian. Italians are, as a rule, more picturesque and more plastic than the average English model, although the latter may be found seriously cultivating his muscular system at the Halle Turnverein. Old men are more easy to find of a picturesque type, and generally speaking, long hair and a patriarchal beard form a great part of their stock in trade. One sees many of these more or less venerable figures—often with a bundle suggesting costumes under the arm—haunting studio neighbourhoods. When, with the accessories of flowing hair and beard, an old model possesses a commanding figure, and clear-cut aristocratic features, he can be pretty sure of a constant living in the studios. One such old man—a favourite London model—figures in many of our most popular pictures.

Types of extreme old age find favour with many artists, so that, roundly speaking, the profession of model is one—and the only one so far as I know—which can literally be practised "from the cradle to the grave."

Breathing Exercises.

Breathing exercises are of great value, most easily practised, and give excellent results. It is not necessary to have an elaborate system. The nostrils are the proper organs of breathing. Man, unlike some other animals, is capable of breathing through the mouth if the nostrils are obstructed, and many, from habit or debility, continually do so—a practice, whether by day or by night, attended with many evils, whereas every breath of air a man inhales through his nostrils is a breath of life.

One exercise, repeated fifty or a hundred times a day, requiring no more than ten minutes altogether, is of the greatest advantage, and can be done out of doors as well as in, at almost any season of the year. It consists in inhaling through the nostrils a deep breath, retaining it a few seconds, and then, with the lips adjusted as if one intended to whistle, expelling it slowly through the contracted orifice. There is no physiological objection to exhaling through the mouth; there are no muscles whereby the course of the breath can be restrained through the nostrils; but the lips contain sufficient muscular strength for this purpose. If students would rise from their studies, book-keepers from their desks, women from their sewing or reading, two or three times a day, and take from fifteen to thirty such breaths, the result would surprise them.—*Health.*

Yawning as an Exercise.

There is one large section of the world's population which never gets sufficient sympathy or encouragement, and the "bored" are too often left to their own devices to invent for themselves new forms of self-torture. They will welcome with avidity a theory which, according to an American contemporary, has lately been started in Germany. In the opinion of a German professor of gymnastics there is nothing to equal whole-hearted yawning as an inexpensive and certain means of securing perfect health.

But yawning, to fulfil this object, is a science to be studied seriously, not a pleasant relaxation for the moments when one has nothing to do, and the mere fact that to enable it to succeed as a nerve tonic it must be persisted in regularly, will rob it of four-fifths of its charm in the eyes of habitual yawners.

The deep inhalations must perforce be accompanied by stretching of the arms and back, and the expansion of the chest and relaxing of the muscles are said to work wonders on the general health, if the process is persevered in for any length of time.

Physical Culture and Beauty.

It never occurs to the man that he is in danger of losing his wife's affections, or that she finds him any less attractive with a bald head and a bay-window waistcoat than she did when he was young and slim and had pretty curly locks. Still, women have a keen eye for a handsome man, and it would be a grand and inspiring sight to see middle-aged business men taking physical culture lessons every day in order to keep their wives fascinated. When you come to think of it, there is no more reason a man should expect his wife to keep perpetually young and good-looking than that she should expect him to do so.—*Pearson's Weekly.*

We have great pleasure in announcing that Professor TOM BURROWS has made arrangements to reproduce the series of articles on

The Art of Wrestling,

which are now appearing in these pages, in book form, at the low price of SIXPENCE.

No book has ever before been published containing such a lucid explanation of the English style of Wrestling, between thirty and forty positions being shown by actual photographs.

The book is now on sale, and orders, wholesale and retail, can be received at the offices of the Magazine,

131 TEMPLE CHAMBERS, E.C.

London County Council Scholarships.

The London County Council recently awarded 2,166 junior county scholarships; of these, no less than 132 were secured by the boys and girls of the elementary schools of Southwark. The proportion of successes for the whole of London was 48 per 100,000 people. Southwark, however, secured 64 per 100,000. The Mayor of Southwark, the Rev. A. W. Jephson, L.C.C., is naturally very proud of this distinction, and invited these scholarship winners to a mayoral tea and entertainment at the Paragon L.C.C. School on Friday, the 21st inst.

Bathing in London.

* * *

CIVILISATION is advancing. Baths are becoming quite common. We have not yet quite attained to the standard of the ancient Romans, who provided in every town of their Empire splendid baths, which anyone might use for nothing or a farthing at most. But we are undoubtedly improving. Twenty-five London boroughs out of twenty-eight have erected swimming baths. From Dan even unto Beersheba, from the East India Docks to Wandsworth, these temples of health are scattered. Nearly everybody in London, in spite of the three backward boroughs, is within easy distance of a good swimming bath. When it is remembered that fifteen years ago baths were few and far between, it must be acknowledged that swift progress has been made.

Fifteen years ago it was hardly considered possible that London women should want to swim. Probably swimming was pronounced "not quite nice," and there, of course, was an end of the matter. Nowadays the municipal swimming baths are reserved for women at least one or two days in the week, or in some cases one of the ponds is reserved for women entirely. The charge is inconsiderable. Sixpence will admit to the first-class baths and provide costume and towels as well, while 2d. suffices for the cheaper variety.

Few people, however, would swim in a bath if they could swim in the open air. In the nature of things the facilities for open-air bathing in a great town must always be comparatively restricted, but the London County Council has contrived to provide bathing places in a number of open spaces. Bathing is permitted in the lakes at Brockwell Park, Victoria Park, Hampstead Heath, Parliament Hill, Clapham Common, and Plumstead Common; and at Willesden the local authorities have provided an excellent lake in Gladstone Park, where once a week ladies may keep up their swimming. Thus, it will be observed, a ring of baths has been placed round the suburbs, and it is difficult to see how, failing the Thames itself, more are to be provided in the heart of London. Some of these lakes have been prepared at considerable expense, floored and walled with concrete, and provide bathing-places as good as the heart of man need desire. Unfortunately, the hours of bathing are severely limited. In most of the lakes you may swim only at early morn and dewy eve. There are, however, exceptions. Except on Sundays, you may bathe in the ponds on Hampstead Heath and Parliament Hill at any hour, and it would seem that this regulation might with advantage be extended. At Willesden the bath is open on Sunday mornings.

Women have not been forgotten by the County Council. Three lakes, one at Hampstead Heath, one at Parliament Hill, and one at Victoria Park, are reserved for them one day in each week, and the concession, which is only a few years old, is certainly wise. The numbers of women swimmers may not rival the 25,000 men and boys who on one hot Sunday bathed in Victoria Park, but the practice of open-air bathing for women is in London still in its infancy. The experience of provincial towns proves that women are apt to value the open-air bathing place highly and use it well. We are, then, in London, undoubtedly on the high way—perhaps one should say the flood-tide—of progress in bathing matters.

Notes of the Week.

To the Editor, Sandow's Magazine.

Sir,—That our fellow athletes across the North Sea shall know that we, Norwegians, are also looking after the cult of the body, I venture to enclose you a few photographs of Messrs. Oskar W. Bye and Karl Joh. Haagensen, two amateur athletes of large repute in this country, which, I am sure, will prove of interest to you, and that you will reproduce them in your valuable magazine. These two men are not trained after any special system, but have been in for almost every class of athletics for many years, and have made no speciality of any particular sport, which, no doubt, accounts for their splendid all-round development.

K. J. Haagensen (Norway).

Mr. Haagensen can look back upon results, such as 10 4-5th sec. for 100 metres, besides several championships, amongst which, and the most noted, the Scandinavian wrestling championship in the large gymnastic festival, held at Gothenburg in 1894. On this occasion Haagensen defeated no fewer than 8 Danish, 3 Swedish, and 1 Finnish wrestlers. Immediately after the wrestling was over, I think, Haagensen gave a fine proof of his all-round abilities, as he also carried off the first prize at jumping, amongst numerous competitors from Sweden, Denmark and Finland.

Mr. Haagensen was also the first Norwegian to win the "Penthatlon"—a competition consisting of five different items, viz.: jumping, spear-throwing, running, disc-throwing, and wrestling, in 1891, when he fought out the last item—wrestling—with his club-fellow, Oskar Bye. The well-earned laurel wreath, which is the only prize in this "Penthatlon," was, on this occasion, presented to him by the celebrated Arctic explorer, Prof. Fridtjof Nansen.

Mr. Bye is very strongly built, and possesses a remarkably fine development. He is the senior leader of the "Christiania Turnforening," and was also, for about one year, a member of the Männer-Turnverein in München, Germany, where he won a number of prizes both for gymnasium work and athletics.

Below I give you the exact measurements of the two men, and I think you will agree with me that they are fully up to standard:—

K. Joh. Haagensen.—Nett weight 12 st. 10 lbs.; height, 5 ft. 10½ in.; neck, 15⅝ in.; chest (expanded), 39¾ in.; waist (contracted), 29¾ in.; hips, 35 3-8ths in.;

biceps, 14 in.; forearm, 11½ in.; thigh, 20½ in.; calf, 15 1-8th in.; age, 34 years.

Oskar Bye.—Nett weight, 13 st. 8 lbs.; height, 5 ft. 8½ in.; neck, 16 11-16th in.; chest (expanded), 43¾ in.; waist (contracted), 31½ in.; hips, 37½ in.; biceps, 15¼ in.; forearm, 12¾ in.; thigh, 23 in.; calf, 16 1-8th in.; age, 35 years.

As for myself, I am getting your magazine regularly, and am the proud and pleased possessor of the same, right from the first number.

Wishing you every success,

I remain your ardent pupil and strong admirer,

AD. NELSON.

Randsfford, Norway,
July 8, 1905.

* * *

Sunday Sport.

The formation of an international body for the promotion of sports may not prove quite the easy matter which we have been led to believe. One of the delegates to the conference which has been held informs the writer that division of opinion exists as to one or two points. For example, what about Sunday sport? The Prime Minister, who is one of the Vice-Presidents of the British Committee of the Athenian Games project, plays golf on the Sabbath, so we know how his vote will go. But there are others—men like Lord Kinnaird—who would not be associated with any athletic enterprise on that day. Another thorny point is as to the status of the amateur. Will those who compete have to pay their own expenses? If so, some of the best men may be shut out. On the other hand, if their out-of-pocket expenses be paid, can they remain amateurs?

* * *

The Young Idea.

We draw distinct encouragement from the annual meeting of the Lads' Drill Association and the speech made by Lord Roberts. Wholly in sympathy with the objects of the Association, we believe that it points the surest road to the creation of a military reserve and the physical regeneration of the race in the immediate future. But talk has been going on for a long time, and mere talk gets no one much "forrader." It is now time for deeds, not words, and Lord Roberts's speech gives a promise of deeds. The War Office, between which and the Education Department the question of official recognition and aid for the large number of school corps too poor to afford the necessary uniform is now suspended, is to be urged to recognise a badge as being identical with a full uniform. If they are wise enough to do so, the cadet movement may make great strides. The boys are keen enough, as witness the excellent results of the Church Lads' Brigade, and it will be an economy to the nation to spend money on encouraging almost universal training for the boyhood of the country. More power to the elbow of Lord Roberts in his efforts to stir the Government and the nation to practical patriotism.—*Evening Standard.*

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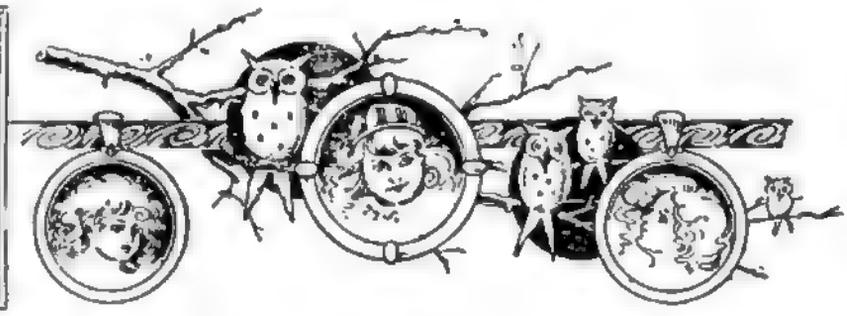
O. W. BYE (Norway).

Health . . Congress.



WITH a view to improving the health and physique of the British nation as a whole, a most important Congress has, during the past week, been held, for the purpose, if possible, of discovering the best methods whereby to counteract the evil influences which at present prevail throughout the country. We are enabled to give to our readers summaries of some of the more important papers dealing with the question of health and physique, which we feel sure will prove of interest.

HOW TO LIVE TO BE 100.

Sir James Crichton Browne, F.R.S., chose for his presidential address "The Prevention of Senility," and took occasion to combat some of the extravagances of modern scientific theories and opinions.

The President introduced his address with a tribute to the work accomplished of recent years by sanitary and medical science. It was, he declared, on the reduction of the death-rate, that the potency of preventive medicine, as hitherto applied, stood forth conspicuously declared, and that the promise of its future sovereignty might be discerned. Fifty years ago the death-rate of England and Wales stood at 22.5 per 1,000 persons; in 1903 it had dropped to 15.4—a fall of 7.1 per 1,000, representing, on the estimated population of 1903, a saving of upwards of 223,000 lives per annum. As an exceptionally low rate of infant mortality had been maintained for two successive years, it might be hoped that the warnings uttered as regards infant hygiene, and more particularly infant feeding, were beginning to take effect. Until now they had to acknowledge that all their sanitary and social reforms had failed to benefit infants under one year of age, and that wasting and other diseases carried them off in hecatombs, proportionately as large as those which fattened our churchyards half a century ago. Not only in early infancy, but in second childhood, had sanitary and social reforms proved futile hitherto to reduce the death-rate. It was during childhood, adolescence, and the prime of life, that such reforms had been of life-saving value —most notably from five to thirty-five years—when the great fall in the death-rate had taken place. It was a remarkable fact that in men, at all ages from forty-five to seventy-five, there had been a startling rise in the death-rate, and that in women, from fifty-five upwards, it had been practically stationary. At the ages when we should have welcomed a rise in the death-rate, and at which only, in a hygienic Utopia, death ought to occur—eighty-five and upwards—it had fallen. Old age had its claims in connection with preventive medicine. True, it was at a discount to-day. The young were so knowing that they could dispense with old experience.

Amid much laughter, the president proceeded to ridicule the school of modern scientists who would deprive us of our tonsils, relieve us of our appendix, treat the thymus gland and the spleen as superfluous padding, and regard the gall-bladder as a receptacle for mischievous pebbles. Taken collectively, he declared, these and some other proposals became extravagant and preposterous. Stripped of his alleged superfluities, man would be left a miserable, maimed mortal, limping feebly through a bald and barren existence. Similar views were often expressed with regard to the superfluities of the body politic; and deriding the idea which would give each parish, instead of the lych-gate, a scientifically-constructed lethal chamber, the president

incidentally expressed sympathy with his friend, Professor Osler, whose recent ironical utterances on this subject had been taken with so much gravity. The most vigorous period of human life in its entirety was obviously between twenty-five and forty years, but to say that men above the latter age were comparatively useless was to fly in the face of the biographical dictionary. Much of the best work had been done by men over forty, and he was prepared to maintain that long after sixty, when, according to Dr. Osler, retirement and silence should be imposed upon all men, contributions of inestimable value had been made to our fund of knowledge. Old age, indeed, began in the cradle, and youth still lingered in decrepitude. The anatomical organisation of the nervous system continued to advance, and the finishing touches were only given to certain portions of it at an advanced age. The hand and arm centres of the brain, for instance, went on evolving till a much later age than twenty, and he had ascertained that among certain classes of operatives in Birmingham, the hand and arm centres did not reach their full maturity until about the thirtieth year. Similarly with the weavers of Bradford and the potters of Staffordshire. At about forty-five the productiveness of the manufactory hand generally began to diminish, and after that it contracted in an increasing ratio as time went on. The hand-failure of our operatives after forty-five was premature, and due to excessive wear and tear of the mechanism regulating manual movements. But there were other centres in the brain which, reaching maturity later, retained their power longer. Orators secured their greatest triumphs between forty-five and fifty-five, and it was with musical expression as with oratory. "I should say," Sir Alexander Mackenzie had written to him, "that the second-rate producers reach their zenith from forty-five to fifty-five, and senile decay is a very rare thing among composers." As to the continuance into old age of the purely intellectual powers, such as reason and judgment, there were many striking instances. In fact, we might all aim at an old age in which, though natural force was abated and the physical powers flagged, the moral nature rose to serene heights of virtue, where love drove out fear and faith strengthened by suffering reigned supreme. Such an old age was not an idle dream.

The best antiseptic against senile decay was an active interest in human affairs, and those kept young longest who loved most. The natural evolution of our nerve centres was largely interfered with and too often arrested by unfavourable environment and deleterious habits of life or methods of work. It was a good working hypothesis that the natural life of man was 100, and that so far as it fell short of that it was "curtailed of fair proportion." Every man, he thought, was entitled to his century, and every woman to a century and a little more (laughter). Every child should be brought up impressed with the obligation of living to a hundred, and should be taught to avoid the irregularities that tended to frustrate that laudable ambition. In the year 1903, 4,946 men and 7,685 women died in England and Wales at ages exceeding eighty-five, and a considerable proportion were nearly, but not quite, 100 years old. We were justified in holding that, given favourable conditions and barring accidents, a century was the normal duration of man's life. The causes determining the duration of life were still hidden from us, and in regard to senility dubiety also reigned. Metchnikoff asserted that senile decay was mainly due to the destruction of the higher elements of the organism by "phagocytes." But on grounds which the president argued at some length the phagocyte theory had to be given up, and the same fate befell the "progressive weakening process" and the "intestino bacterial" theory of old age. Indeed, there was no short cut to longevity. To win it was the work of a lifetime, and the promotion of it was a branch of preventive medicine. Dr. Allchin, by his suggestions with regard to tissue construction and destruction, had brought the elixir vitæ from limbo and tricked her out in the fashionable scientific costume of the hour. If Dr. Allchin's "enzyme" were to come the prospect would be of

the blackest. Man's one indefensible right was to die, and of that right neither potentate nor chemist could rob him. The attempt to stereotype life would be to court the fate of Ixion. Death was not the worst enemy of man, and what we had to do was not to abolish it, but to put it in its proper place. If we were to lower our death-rate and promote old age, we must return to simplicity and tranquillity of life, and, as regards the masses, we must alleviate the anxieties that pressed on them. While it might be for the public interest that a man should at sixty quit the special service to which he was engaged, it should not be assured that he was henceforth useless and a cumberer of the ground. (Loud cheers.)

BRAIN FAG IN CHILDREN.

Having, at the instance of Sir Charles Cameron, accorded by acclamation a vote of thanks to the president, the section proceeded to consider the subject of brain fag in children, introduced in a vigorous paper by Dr. T. B. Hyslop, resident physician at Bethlem Hospital. The malady of the age, said Dr. Hyslop, was neurotism, mainly due to brain fag, which was in turn largely brought about by the attempt to cultivate soil incapable of cultivation. The standards of intellectual attainments were becoming higher and higher, whilst the mental energy available for reaching those standards was gradually diminishing. As the educational ladder—extending as it did from the Board School to the University curriculum—became more difficult to scale, so the residuum of failures became more and more noticeable in the wards of our asylums. The work of rescuing the child from the gutter, if it but served to qualify for the asylum, was but a poor policy, and an enforced education at the early ages of three or four years frequently involved the sacrifice of mental health, and was therefore unphysiological and of faulty economic value. So damaging to the mental development and stability of the mind was the enforcement of brain effort at so early an age that the methods now demanded by legislature were surely and certainly aiding in the brain suicide of our race. We were months learned, years demented. Learning by rote was useless and even deleterious. It was one of the most vicious of the causes of brain fag, and was largely due to competition as determined by our vainglorious system of merely accumulating knowledge. The greatest caution should be exercised in placing facts in memory, and no fact should be isolated from the reasoning faculty, which was the very keel on which our mental ship was built. All minds that were made mere receptacles for knowledge were jerry-built and unable to withstand the tests of strain and time. Precociousness, as determined by an abnormal physiological retentiveness of memory, was one of the most common of all pitfalls, and premature degeneration served to explain many of the early victories as students but later failures as men. Brain fag was aided by a deplorable waste of effort in a long list of points of fruitless endeavour, and also by the frittering away our energies in directions of no value for the stability of mind or for the practical purposes of life.

SLEEP FOR SCHOOLBOYS.

In the discussion following the paper, for which Dr. Hyslop was heartily thanked, Dr. Theodore Acland briefly explained a diagram graphically illustrating the hours of sleep necessary at various ages, and condemned the inadequacy of the rest provided in many of our public schools. As compared with less than eight hours' sleep in such schools, he had ascertained that in not one school in America was less than nine hours considered necessary. The discussion continued on instructive lines, and speaking from the educational standpoint the Rev. R. S. Laffan, delegate of the Headmasters' Conference, declared, with an emphasis that carried his audience with him, that the enormous pressure of examinations was "killing proper education as well as health." What he wanted to see was the substitution of a national system of inspection of schools instead of the present system of examination. "It's going to cost a lot of money," added Mr. Laffan, and the tax-payer will buck at it, but it's got to be done." On the question of the age at which a child should go to school, a Yorkshire speaker, who announced himself as the father of "five bouncing daughters," and himself

a "half-timer," expressed himself in favour of three years, not in the interests of education but of cleanliness, but it was evident the feeling of the section supported Dr. Hyslop's view that physiologically five was the earliest age for school. Moreover, everyone felt the impressiveness of the simple fact that whereas forty-five years ago the insane numbered one in 536 of the population, to-day the proportion is one in 288.

Returning to the question of rest for schoolboys, the section unanimously resolved, on the motion of Professor Simpson, that the present hours of sleep allowed to boys under sixteen in some public schools were too short for the attainment of the highest physical and mental development, and that this opinion should be communicated to headmasters generally.

UNDERFED SCHOOL CHILDREN.

The educational section discussed the question of "Underfed Children in Schools," which emphasised how widely divergent are the views popularly held. It was introduced by a paper by the Hon. Gerald Collier, which stopped short of the advocacy of State assistance.

Dr. Hutchinson, M.P., held that education, upon which millions were being spent in London alone, was being partially wasted, because we grudged a halfpenny or farthing rate to make it effective. A child with a gnawing ache in its stomach and hardly any blood in its veins could not benefit by teaching. There were voluntary dispensaries in many towns and rural districts. He should like to see the dispensary doctor take charge of the schools for purposes of medical inspection, and let him decide if a child were sufficiently nourished to receive education. The dispenser had powers to prescribe a pennyworth of drugs. Why not, equally, a pennyworth of milk, which was as much a medicine?

A speaker stoutly opposed to rate aid instanced the case of a child who had breakfasted at home telling lies at school to secure a second meal. Some boys and girls were ready for half a dozen breakfasts, if they could get them at fair intervals. (Laughter.) Dr. Davis (Woolwich) thought the dispenser's breakfast prescription could not stop at milk. In his district less than 1 per cent. of the children were sent unfed to school, but in certain London areas he believed the proportion was as high as 5 and possibly 10 per cent. Dr. Beale Collins said there was evidence that as people got rich they ceased to have children; they said they could not afford it. (Laughter.) France only kept up its population by imports of aliens. If the rich were not going to have children, aliens were kept out by the new Act of Parliament, and the poor could not keep offspring alive, what was to become of the British Empire? (Laughter.)

Dr. McWatter (Dublin) believed voluntary subscriptions to be absolutely bad. We ought rather to look upon poor relief as a thing everybody was entitled to; as a right of man. Voluntary, grudged assistance was the real pauperising influence. Finally, while agreeing that the feeding of underfed children was necessary before the full value of education could be secured, the section rejected an invitation to declare that "this could best be achieved by grants from the Imperial Exchequer."

CHILD STUDY AND SCHOOL HYGIENE.

Child study and school hygiene are problems to which local authorities and others concerned with the public health have been calling attention of late, but there was a singular lack of interest in the section devoted to these questions. Lord Stanley, of Alderley, occupied the chair as president of the section, and in the course of some remarks made clear the futility of child study unless the teacher was equipped with sound general principles based largely on real knowledge. The mental and physical organisations of a young child were so delicate that they should have the best teachers; as a rule, they had the worst. A good deal was heard about underfed children —about non-nutrition and mal-nutrition. Both these expressions would describe the attempts made to feed the lambs in too many infants' schools. And yet with bright surroundings, suitable occupations, intelligent, well-trained, and sympathetic teachers, the infants' schools might really be gardens in which the human plant could grow and expand.

(To be continued.)

Duke of York's School, Chelsea.

IN dealing with the annual sports of this admirable institution, a writer in the *Daily Telegraph* says :—

Several hundred people left that lovely square of ground where the Duke of York's schoolboys live with far better hopes for the future of the English Army than any Blue Books ever gave, and without the shadow of a notion why the school has been condemned to transplantation. Close to Sloane Square in a large open space of greensward, from which a line of noble elms rise to the sky, the buildings stand, with their square, four-columned portico, looking to the west. A little southwards, with only a road between, are the great gardens of the Chelsea Hospital, another open space, which, with the old Physic Garden of Hans Sloane, makes this side of the Thames almost as green and gracious as the verdant slopes of the great park across the river. Short of setting the boys down in the middle of Hyde Park it would be difficult to get them a healthier spot in the healthiest city in the world, upon the banks of England's most historic stream, and within a ball's flight of the Guards' cricket ground. The daily average of boys off duty for reasons of health is slightly over five out of a total of 550. Out of an admission of 213 this year—the smallest total for a long while—there is only the slight proportion of 1 per cent. of sick to strength. The boys do not run large, it is true; but that has to do with conditions of breeding, with which the school has no concern. And we are not raising Potsdam Grenadiers. The Japanese have shown that victory does not depend on inches.

The sturdy short boy of the type that was to be seen boxing in the hot sun, in a roped ring, under the watchful eye of Colonel Fox, is the type one wants in the Army. The boxing was perhaps the most fascinating sight of the day. Pugnacious little scraps of humanity, between 4 ft. and 5 ft. high. squared up to one another with that square-jawed tight-lipped earnestness which is a characteristic of the Anglo-Saxon fighting man, even in miniature. Their seconds fanned them with towels, and sponged their mouths and eyes with all the serious effectiveness of the National Sporting Club. The panting little heroes leant back with their "mauleys" over the ropes in the approved attitude of Peter Jackson taking a rest after a round with Slavin, and they took their punishment like little men. Major J. Fayrer, R.A.M.C., had arranged a capital and most varied programme, which he and his assistants carried out with excellent despatch and admirable forethought. Small boys ran round the field in quarter-mile and two hundred-yard races. Small boys, holding a wooden lance, were wheeled up in a barrow by lustier comrades, tilting at a quintain, which upset a bucket of water over them whenever they missed the ring. Small girls in white frocks and blue sashes ran merrily against each other across the turf, while the baby who had the longest handicap forgot to start at all in his anxiety about the real intentions of the ruffian with the starting pistol. Small boys again tore to and fro to fill a row of buckets with a row of stones.

Tiny and shapeless anatomies, showing only a little red face and a mop of towzled air, bounced along the sward in sacks and fell upon their own and on each other's noses. Fearful and wonderful tricks with buns and treacle were performed in double-quick time to the sound of the trumpets; and all the while the best military music in London was being played by the ninety-eight performers of the Kneller Hall band, which trains all the music of the British Army to play "God Save the King"—and also Wagner—over all the British earth the sun can shine upon. Colonel A. W. McKinstry, who has done so much for the school in many and various ways, and who always tells you that the credit is due to half a hundred other men, was watching over the proceedings with a kindly Irish eye. In the far corner, near the Queen's Road, the red coats of the Chelsea Pensioners made a spot of colour on the green. All military Chelsea had gathered to see the soldiers' children at their sports two days before they went away for the summer holidays. For Chelsea loves her military school, and can hardly believe that in two years' time it may be taken from her and replaced by—flats, no doubt, or other equally unwelcome abominations. But we were all glad enough to take the pleasures of the day without too much looking ahead to doleful possibilities in the future. And the day was worthy of its deeds—a glorious flood of sunshine on the boys, who will soon take the thews and sinews of their soldier-fathers into England's far-flung battle-lines. Lady Fremantle gave away the prizes, and "God Save the King" sounded as fine under the elm-trees as it always does when there is something of the real Army playing it and making it the national battle-cry it is.

Following on his excellent series of articles on "Wrestling," TOM BURROWS has written some most instructive and interesting hints on

"CLUB SWINGING,"———
Exclusively for this Magazine.

These will be extensively illustrated by

CINEMATOGRAPH PICTURES

taken specially by Mr. Robt. W. Paul, of 68, High Holborn, W.C., whose famous productions in this line are so well known and popular. These pictures, which number some 250, show clearly all the intricate rolls and slides of which Tom Burrows is such a complete master, in such a way as no diagrams could possibly describe. As undoubted

Champion Club Swinger of the World,

Tom Burrows has every right to speak on the subject, and his words should be of great value to those who favour this fascinating method of exercise.

—— Sporting Notes. ——

Swimming.

The Australian lady candidate for the Channel swim, Miss Kellerman, had her first practice on July 18th, swimming from Dover to St. Margaret's. George Read, the Australian swimmer, also had several miles' swim.

* * *

A remarkably fine race was witnessed on July 15 in the long-distance amateur championship from Kew to Putney Bridge, the great struggle being between D. Billington, of Bacup, and B. B. Kieran, the champion of Australia. The holder of the title was J. A. Jarvis, of Leicester, a swimmer of such remarkable ability that no one had been found capable of beating him in this event for seven years. He was again competing on this occasion, but was defeated after a very plucky effort to retain his honours. Against him were opposed twenty-one other swimmers, including the two great men of the present year. Billington led from the dive, and was in front throughout, yet his victory was not easily secured. At Chiswick, he was fifty yards in front of Kieran and Jarvis, who were almost dead level. At Hammersmith the race seemed all over, but soon excitement ran high. Kieran began to lessen the distance between himself and the leader, and off the Thames Boathouse seemed like catching him. But Billington kept going hard; in fact, made this the race of his life, and though until the Putney Pier was nearly reached it was doubtful which would win, the Englishman just managed to snatch the victory by a bare five yards. It was certainly the best long-distance race ever seen. Jarvis, who came in third, was a quarter of a mile behind Kieran. The winner's time was 1 hr. 8 min. 55 sec. Nineteen of the competitors completed the course.

An International race is to take place in September from Bercy to Auteuil, seven miles and a half, and as the capital will be crossed, the event will be known as "The crossing of Paris." All the best swimmers are expected.

* * *

There is an epidemic of big swims in the air. Prof. Marquis Bibbero, the well-known teacher of natation and exponent of life-saving methods, a young stripling of eighty-two, announces his intention of indulging in a ten-mile exhibition of swimming at Dover in August. On July 19th he invited the Press to a preliminary canter from Temple Pier towards Tower Bridge with the object of displaying two new strokes, "Bibbero's Propeller" and "Trudge on the Back." The exhibition was something in the nature of a fiasco, for far from seeing anything novel in the so-called new strokes, the old professor only managed to get as far as Blackfriars Bridge, where he cried enough. He started off with the ordinary revolving propeller stroke, but after proceeding a few yards lapsed into the back stroke, and, helped by the tide, reached Blackfriars Bridge in 10 min. 15 sec. Here tired nature gave in, and the veteran climbed into the boat without a word of explanation.

* * *

On July 16th, a young man named Chas. M. Reyndl, of Richmond, essayed the task of swimming from Blackwall to Greenwich. Reyndl, who is of German extraction, scales about 12 st., and uses a powerful breast stroke. The water was favourable, and he made excellent headway. The following are the times returned at the various points of the swim: Blackwall Pier (start) to Victoria

Dock entrance, 13 min.; Woolwich Ferry (3 miles), 56 min.; Beckton Gas Works (4½ miles), 1 hr. 18 min.; Barking Creek (5⅛ miles), 1 hr. 24 min.; Southern Outfall (7 miles), 1 hr. 51 min.; Rainham Creek (8¾ miles), 2 hr. 13 min.; Erith Town Pier (10 miles), 2 hr. 29 min.; Purfleet (11⅛ miles), 2 hr. 57 min.; Greenhithe Causeway (15 miles), 3 hr. 43 min.; Grays Thurrock Causeway (17 miles), 4 hr. 21 min.; Gravesend Town Pier (finish), 5 hr. 44 min.

* * *

On July 18th Montagu Holbein started out to attempt a feat that has never been accomplished by any man—to swim from Greenwich to Gravesend, roughly a distance of 21½ miles. It was simply a training spin for his more important Channel engagement shortly, and success or failure meant nothing. He did not succeed in his task, for after covering twenty miles of the journey in a trifle over five hours and three-quarters the ebb tide had ended, and as no good purpose would have been served in his attempting to fight his way against the flood, he left the water at Northfleet Lighthouse. It was an excellent swim in every way, for throughout Holbein indicated that his strength and stamina were as good as ever. Not once throughout the journey was he at all uncomfortable. Starting under a hot sun, the temperature of the water was 68 degrees, but after travelling ten miles it had dropped to 65, although just before the close the thermometer registered 66. As a matter of fact, the conditions could not have been more favourable, for the little wind that prevailed was at his back, and, saving when a steamer or tug passed, after passing Woolwich the water was quite smooth. He swam in three styles, the breast, side, and back, but showed his old partiality for the last-named method, for he used it over fully four-fifths of the journey. There is no doubt whatever that had he possessed the pace, Holbein would have reached Gravesend quite easily, for at the end of the swim he was quite warm and strong—indeed, nothing but the end of the ebb tide compelled him to get into his boat.

Appended are the times taken at various points of the river.

	Hour of Time. Day. Occupied.		
	P.M.		H.M.
Greenwich Hospital (start)	3.20	...	
South Dock Entrance, Blackwall (1¼ miles)	4. 0	...	40
Blackwall Pier (1⅝ miles)	4. 8	...	48
Victoria Dock Entrance (2⅛ miles)	4.23	...	1 3
Woolwich Ferry (4¾ miles)	4.52	...	1 32
Albert Docks Entrance (5½ miles)	5. 4	...	1 44
Beckton Gas Works (6½ miles)	5.14	...	1 54
Southern Outfall (8¾ miles)	5.48	...	2 28
Rainham Creek (10¼ miles)	6. 8	...	2 48
Erith Town Pier 11⅜ miles)	6.26	...	3 6
Purfleet (13½ miles)	6.53	...	3 33
Greenhithe Causeway (16¾ miles)	7.38	...	4 18
Grays Thurrock Causeway (18½ miles)	8. 0	...	4 40
Northfleet Lighthouse (20 miles)	9. 1	...	5 41
Finish of Swim	9. 7	...	5 47

* * *

Another record has been set up for the twenty miles swim from Dover to Ramsgate, this time by a lady, Miss Anette Kellerman, the famous Australian long-distance swimmer, who intends attempting to swim across the Channel. The record for this swim was last week reduced to 4½ hours by J. Wolffe, of the Amateur Swimming Club; and Miss Kellerman has succeeded in bringing the time down to 4 hr. 28 min. Miss Kellerman, who is eighteen years of age and turns the scale at 12 st., was accompanied on the swim by her father, J. Wolffe, and others. She uses the double over-arm trudgeon stroke, and during the swim made an average of forty strokes to the minute. Mr. Wolffe paced her the whole distance, using a side-stroke of thirty to the minute. The weather conditions were perfect when the start was made at 12.28 from Dover. Deal pier was passed at three o'clock, and at 4.40, with a good tide under them, the swimmers were off Ramsgate Harbour. Miss Kellerman was remarkably "fit" on finishing this long swim. The sea temperature throughout was 64 deg.

On July 30th, Moses, of the Ravensbourne S.C., will attempt to swim from London Bridge to Gravesend, a feat that has never been accomplished by any living man. A number of swimmers have successfully accomplished the twenty-mile trip from Blackwall to Gravesend, but the extra six miles from London has always proved too far. A launch has been engaged, and it is generally expected that even if he does not succeed Moses will go very near, for in all his swimming he has proved himself a stayer of the first water. In a trial swim recently, he stayed for four hours and a quarter in open still water, and such a performance should enable him to remain six hours in the stream, for it is thought that that will be about the time it will take him to complete the twenty-six miles. If he is successful, Moses intends to join the ranks of the Channel swimmers, and should do quite as well as several of them.

* * *

FIXTURES.

JULY.

29—English Plunging Championship, at Nottingham.
5—International Trial, North v. South, at Nottingham.
29—Northumberland and Durham Diving Championship, at Corbridge-on-Tyne.

AUGUST.

5—English 440 Yards (Salt Water) Championship, at Southport.
5—International Trial, North v South, at Swindon.
8—English Half-mile Championship, at Leicester.
7-8—Yorkshire 440 Yards Championship, at Leeds.
12—Southern Counties Mile Championship and City Police Gala, Crystal Palace.
14—English 100 Yards Championship, at Weston-super-Mare.
16—Northumberland and Durham 440 Yards (Salt Water) Championship, at South Shields.
23—Western Counties Ladies' 50 Yards Championship, at Weston-super-Mare.

Rowing.

The challengers' heat for the Wingfield Sculls, which carries with it the title of Amateur Champion Sculler of Great Britain and Ireland, was decided on July 21st, over the Thames championship course from Kew to Putney, a distance of four and a quarter miles. Five competed for the right to meet the holder, St. George Ashe, of the Thames R.C., the names and the order in which they finished being: H. T. Blackstaffe (Vesta R.C.), 1; D. A. Stuart (London R.C.), 2; A. H. Cloutte (London R.C.), 3; Guy Rixon (Kingston R.C.), 4; D. Fitte (Vesta R.C.) 5. Blackstaffe was third until Craven Steps, when he took first place from Stuart, afterwards going right ahead and winning by fully twenty-five lengths in the easiest manner possible. Stuart was second for the better part of the time, beating Cloutte by ten lengths. The winner's time was 23 min. 24 sec.

* * *

There was a representative gathering of rowing men at Euston Station on July 20th, when Tom Sullivan, who is accompanied by his wife, and Mr. R. J. Hodgkinson, left by the twelve o'clock special train for the Riverside Station, Liverpool, where, at 4.30 in the afternoon, he embarked in the Allan liner Victorian, for Montreal. Sullivan, who wore his colours, light and dark blue, had a sprig of real Irish shamrock in his botton-hole, and looked very fit. He expressed himself as feeling quite well, and was confident that in his race with Durnan on August 23rd, he would do himself justice. The event is fixed to take place in Toronto Bay, and Sullivan's stake money (£200) has been forwarded by the Editor of *The Sportsman* to the stakeholder in America. He expects to be away from England about two months, and on his arrival in Toronto will have about three weeks to train on the scene. However, there is little that is superfluous that Sullivan has to take off, for he has been rowing steadily for the last month, and how fit he is is indicated by the fact that he sculled up to Henley Regatta, and came back the

same way. He is taking out with him two rowing boats, built by Sims & Clasper, and half a dozen sets of sculls by Ayling, all of which the Allan line are carrying free of charge.

* * *

The race on the Parramatta between George Towns (holder) and James Stanbury for the sculling championship of the world and £500 a-side took place last Saturday. Towns scaled 10 st. 10 lb., and Stanbury 12 st. 10 lb., the betting being in favour of the former. At the mile and a quarter post Stanbury was three lengths ahead, his time being 7 min. 34 sec., and at the two-mile post he was leading four lengths. Half a mile from home Towns, by a great effort, decreased the gap by a length, but, although he continued to gain slightly, Stanbury eventually won by two lengths. Time, 19 min. 50 sec.

Athletics and Cycling.

The presentation to Dr. A. Roscoe Badger, organised by the Midland Counties' Amateur Athletic Association, in recognition of his seven years' presidency, was made at a representative gathering of A.A.A. legislators and athletes held in Birmingham last week. Mr. H. A. Butler occupied the chair, and made the presentation. He said that over £40 had been subscribed, and that many people outside the Midlands had contributed. Dr. Badger's seven years' tenure of office had greatly promoted the welfare of athletes in the Midlands. The presentation consisted of an illuminated address and seventeen valuable medical volumes. Dr. Badger, who was most warmly received, expressed the pleasure he felt at having won their appreciation. He said the association existed for the benefit of good straight runners, and he appealed to them to support the governing authorities. His advice to athletes was to use athletics as a means to health, and not as a means to wealth, otherwise they would be disappointed.

* * *

The One Kilometre (unpaced) and 100 Kilometre World's Championship (paced) Races were decided at Antwerp on July 16th, the final heats resulting as under:

One Kilometre World's Championship.—Final heat: J. S. Benyon, Manchester, England, 1; H. D. Buck, Anerley Club, England, 2; Debognies, France, 3. Won by a length.

100-Kilometre World's Championship (paced).—Leon Meredith, Paddington and Polytechnic Clubs, England, 1; Mest, Germany, 2; Carremans, Belgium, 3. Won by more than two miles. Time, 1 hr. 30 min. 45 1-5 sec.

Miscellaneous.

The second motor-boat race across the English Channel was decided on July 15th, when, although a British boat actually finished first, another victory was recorded by France. After a most exciting race, Mr. S. F. Edge's Napier II. finished 63 sec. ahead of La Rapiene, having covered the 51 miles from Boulogne to Folkestone and back in 2 hr. 24 min. 57 sec., but, unfortunately, the British boat finished outside the official line. She had to turn back, and when she crossed the line her time was 2 hr. 27 min. In the meantime La Rapiene had finished correctly in 2 hr. 25 min. 50 sec., and thus became the official winner of the race. Last year, when the race was from Calais to Dover, a French boat, in Mercedes IV., won. The last-mentioned did not enter for this year's contest, and a more powerful little ship of the same type, in Mercedes Charley, failed to complete the distance. The only countries to enter vessels were France and Britain, the former being represented by 21 and the latter by 6. There were seven non-starters, three of which were British boats. Lord Howard de Walden's Napier, which travelled splendidly until a mile from the finish, when her engine was swamped, Dunbonnet and Palaisto in the racing class, Le Tetu in the cruising class, and Maurice II., of the fishing boats, had to be towed home.

The best trials amongst the cruisers were:—Force-Pas, 3 hr. 31 min.; Dietrich, 4 hr. 27 min. 5 sec.; Cazmote, 5 hr. 21 min. 29 sec.; Gardner-Sepollet, 7 hr. 11 min. 16 sec. The race for fishing boats was won by Chantier's du Pas-de-Calais II. in 7 hr. 8 min. 27 sec. The race was watched by a large number of spectators from both the French and English coasts. The conditions were, on the whole, very favourable, though a rather heavy sea was running on the English side.

And Editorial Chat.

ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on the opposite page.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

V. H. JOSHI-NARAYAN (POVNA).—(1) Am afraid I cannot advise you. Experience only can gain for you what you desire. (2) The same remark applies to weight-lifting. (3) The Royal Humane Society, London, publishes full particulars. (4) There are several books published on the subject, but cannot advise.

V. SPYERS (DORCHESTER).—Thanks for letter and suggestions, which I will bear in mind.

W. J. MORAN (DUNDRUM).—I should say that the suggestion is most likely correct, especially as regards the weight-lifting exercise. Give the deltoids a rest and gentle massage. You cannot do better than follow the directions set out by me, putting your whole mind into the work.

G. WILLIAMS (LANDPORT).—Have placed your letter in the proper quarter. You will hear in a few days.

F. H. MILLS (COLCHESTER).—The book will be published in a few days. See notice in another part of this week's issue.

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Vol. XV.

OF

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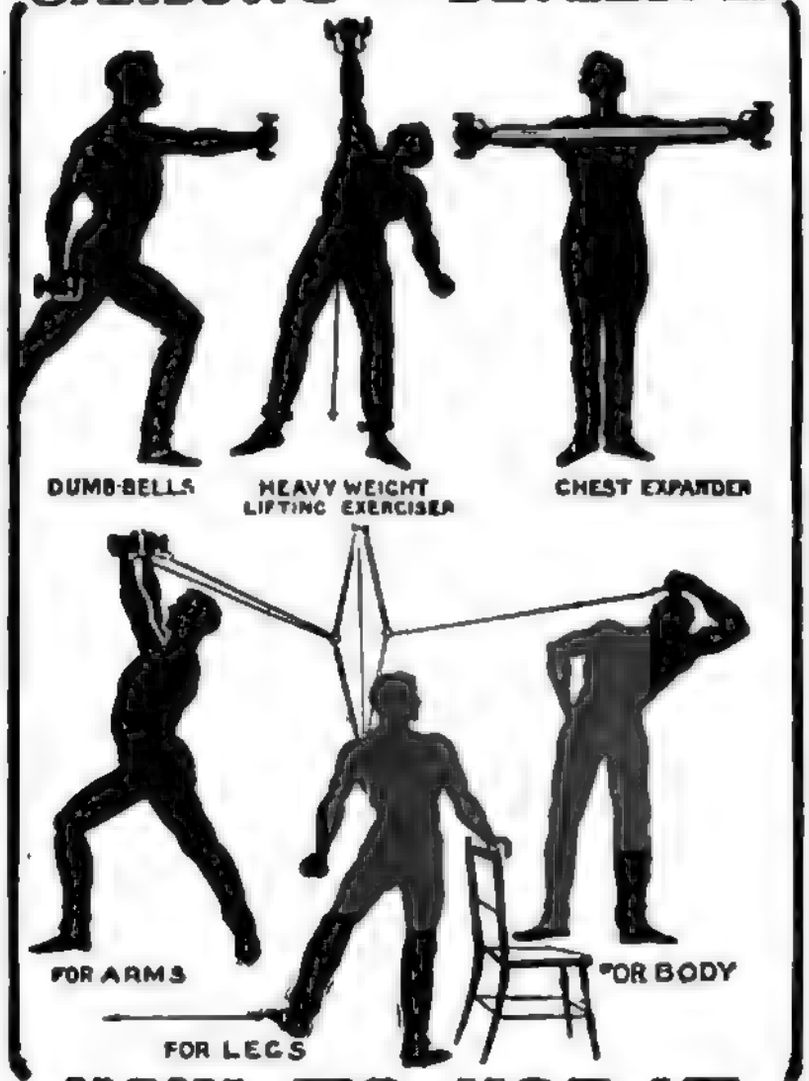

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Sandow's Magazine Physical Culture Competition.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.

(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.

(3) A Gold Medal will be presented each month to the one who in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.

(4) No photos will be returned unless a stamped addressed envelope is enclosed.

(5) The right is reserved to publish any of the photos submitted for competition.

(6) **No winner in a previous competition is eligible.**

(7) The coupon on another page stands good until the last day of the month, and the awards will be announced in another issue.

(8) Competitors from abroad will be entered in the month of receipt of Coupon, providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.

Our Ladies' Pages.

The Bath Club.

A writer in *The Evening Standard* gives a most interesting description of the methods of procedure at that most fashionable resort, the Bath Club:—

Numbers of women who can wield a golf club as it should be wielded, play a good game of tennis, or ride straight across country, are perfectly ignorant of the art of swimming. If the daily summer lists of bathing fatalities did not prove it conclusively, the fact that two-thirds of the bathers at seaside resorts take their pleasure in a series of jumps and dips, executed with untiring perseverance at the end of a rope, would be sufficient to make it evident.

* * *

Now that the Bath Club, Dover-street, has made swimming for ladies a fashionable pastime, we may hope for better things. "As well be oot o' the world as oot o' the fashion," runs the old Scotch proverb, and the eagerness of members of the club to learn "trick" swimming as well as the simple rules of breast-stroke, floating, and diving, is proof positive of the fact.

During the long hot days of July there is no more attractive spot in all London than the swimming baths at the Bath Club. In this cool paradise, with the sunshine glinting through the glass roof on to the clear green water, with the gleam of the white tiles underneath, it is easy enough to forget that the heat and dust and roar of the great city are only a few steps away. Here, too, the intricacies of swimming are taken very seriously indeed.

* * *

What Miss Lewin—one of the club instructresses—does not know of the art which she has made her own can hardly be accounted knowledge. Her connection with the club began when it was first started, and although she is unable now to give more than ten weeks during the year to the work of tuition, she spends that period in coaching the pupils for the yearly contests. The work of regular teaching is carried on by Miss Daly, who is to be found at the Bath Club all the year round.

Everything is done that art can devise to make the neophyte's task an easy one. Thanks to the enlightened methods at the Bath Club, five or six lessons are sufficient to teach a pupil to swim a few strokes, while those who have been used to the water can accomplish the feat in even less time. The beginner dons what are known as "wings," an arrangement

consisting of two pneumatic cushions connected by a rubber tube, and upheld thus she is able to turn her whole attention to the making of her strokes. The arm action is the first that is taught her—then the leg, and then the complete stroke.

* * *

Another method is that in which a light cord is slung from one end of the bath to the other, to which a jointed bar or pole is attached with a wheel, and to this is fastened an adjustment composed of rubber rings, through which the arms are thrust. It is upheld by someone on the bank, who has the appearance of having caught a remarkable fish at the end of a rod.

The art of diving is mastered by degrees, the principle being to "hasten slowly," and no swimmer who has not acquired perfect control of her limbs is allowed to use the spring-board. She commences her lesson from the steps of the bath, rising higher as she gains confidence, until she is qualified to use the eight-feet dive, or even that at thirteen feet. There is another board placed at a giddy height just under the roof, which is, however, rarely used. An achievement in the art of diving is that of hanging head downwards, the hands grasping a couple of iron rings suspended from the ceiling and the feet raised above them and held close together. In this attitude the swimmer lets herself fall into the water with the direct drop of a stone thrown into a well.

* * *

Half an hour is the usual time for the bather at the Bath Club, ten minutes or a quarter of an hour being considered sufficient for children.

It is a liberal education to see Miss Lewin go through some of the wonderful evolutions in the water which have made her skill so renowned. She can imitate a paddle-boat or a torpedo by turns with equal ease. She can copy a porpoise sporting in the water—and surely no porpoise ever performed the curious undulating movement, now above and now underneath the surface of the water, with such consummate grace. She can spin round like a water-wheel, performing the twisting movement with a treading motion of the legs, and she thinks nothing of swimming a length and a half of the bath under water. But to watch her perform the feat of shadow swimming is to have witnessed one of the prettiest and most remarkable "tricks" of all. Swimming under water, on her back, she keeps pace with the movements of the swimmer above her so exactly that she has actually the appearance of being the shadow cast on the bottom of the baths. She can turn somersaults in the water, and with someone on her shoulders will walk the length of the bath under water.

* * *

Miss Daly is likewise an exceedingly clever fancy swimmer, and her life-saving lessons are well worth watching. The drowning person is turned on her back, the rescuer grasping her with both hands under the chin and swimming herself on her back with the ordinary leg movement.

Marching in the water is another pretty figure which is comparatively easy of achievement, the swimmer lying on her back in the water and imitating with her legs from the knees downwards the movement of a person walking. There is nothing in the matter of her bathing attire which can possibly hamper the movements of the learner, the regulation bathing dress at the Bath Club being of black stockinette fastened on the shoulders.

* * *

Exercise is quite as necessary to health, physique, and complexion as diet, baths, and massage. Horseback riding is an excellent thing, as it brings the muscles well into play, and quickens the circulation. Rowing, fencing, skating, dancing, and cycling, are all excellent forms of exercise if taken with proper consideration of age, and condition of health. The very best time for it is early in the morning, when the muscles are in repose, after a night's rest, and require waking up for the day. No exercise should be taken before or just after a meal, nor should it be prolonged so as to induce fatigue. As exercise causes the temperature to rise, avoid after it draughts and cold liquids.

SPORTING PATENTS.

This list of Patents is specially prepared for SANDOW'S MAGAZINE by Mr. C. F. Ennis, of Jessel Chambers, 88 Chancery Lane, London, W.C., Registered Patent Agent (by Examination), from whom all information relating to Patents may be had on application:—

Applications for Patents July 3rd-8th, 1905:—

13669 C. Marter, London. Golf and similar balls.
13680 O. Imray, London. (Colts Patent Fire Arms Manufacturing Co., U.S.A.) Firing mechanism of firearms. (Complete Specification.)
13699 H. W. Frankland, H. & J. Manfield, London. Football boots.
13712 W. L. Purves, Wimbledon. Golf clubs.
13786 Burroughes & Watts, Ltd., and J. S. Burroughes, London. Cottage or convertible billiard tables and the like.
13822 E. W. Wade, J. J. Frape and H. J. Brett, London. Sporting boot.
13830 P. F. Maccalum, Glasgow. Apparatus for travelling on water.
13851 A. M. Bullock, British Columbia. Swimming device. (Complete Specification.)
13869 F. W. Schroeder, London. Fixing tips on billiard cues and the like.
13872 F. Midgley, London. Mechanical cricket bowler for practice at the nets.
13991 W. A. Dawson and W. L. White, Hull. Rifles and other small arms.
14004 N. B. Roy, Glasgow. Boxing gloves.
14101 M. Blood, London. Rifle sights.

Specifications Published July 13th, 1905:—

14074 of 1904 A. Winser, Southsea. Target machinery.
18161 of 1904 P. A. Vaile and F. H. Ayres, London. Golf clubs.
27143 of 1904 C. E. Clark, U.S.A. Golf clubs.

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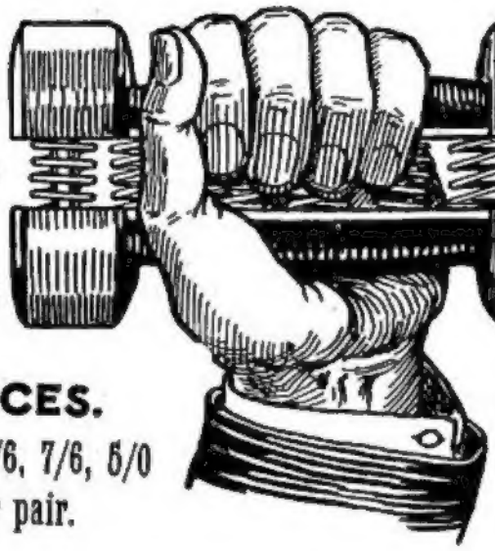

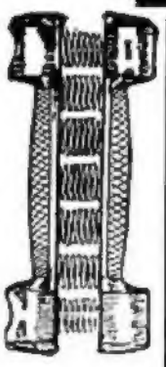

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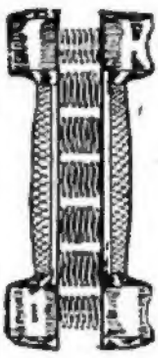

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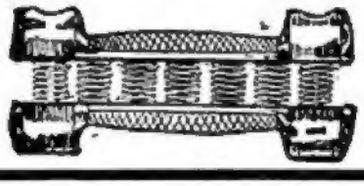

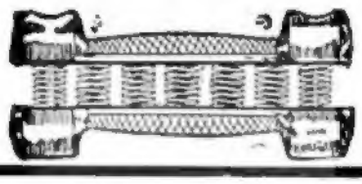

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